

WHAT I WISH WE KNEW IN OUR FIRST YEAR OF WRESTLING

If this is your first year on a wrestling team, realize the first time in any sport is an adventure. Stay **FLEXIBLE** and don't be afraid to **ask questions**, most people are more than willing to answer your questions. The way things are done may seem strange, be patient, watch and learn and you'll be a pro by the end of the season. In the meantime this is offered for your information.

1. "Meet" is one team competing against another.
2. "Match" is one wrestler competing against another. Generally, your more experienced wrestlers will earn varsity positions.
3. All Varsity and Junior Varsity wrestlers are weighted in at meets and all wrestlers are weighed for tournaments.
4. You don't want to feed your wrestler before weighing in. They can eat after their weigh in. This way they don't miss their weight by a "Big Mac" at the last minute.
5. Each wrestler is placed in a weight class by their actual weight. Height is not the deciding factor.
6. Wrestlers are weighed in wearing a singlet.
7. **AT NO TIME SHOULD THE WRESTLER GO OUT ON THE MAT FOR A MATCH WITHOUT A COACH PRESENT.**
8. For each match, wrestlers earn a spot on the Varsity, Junior Varsity or exhibition. These positions are determined by the coaches and/or challenge matches during practice sessions.
9. Meets usually begin on time with JV rounds first, then exhibition, followed by Varsity. Varsity matches are solo on the mats.
10. Help is always needed setting up and putting things away. Just ask what you can do, this helps getting things started on time and everyone gets to go home faster.
11. JV and Varsity matches have referees and scoring. Exhibition, which takes place between JV and Varsity matches are refereed by coaches.
12. Meets usually last approximately four (4) hours.
13. Tournaments involve many teams with each wrestler taking part in three to four matches. Tournaments usually start late and can last eight (8) hours or more.
14. **Tournaments can and do last all day so you want to plan on spending the day watching a lot of wrestling.**
15. There are usually eating facilities provided as well as room to stretch your legs and take a break from the action.
16. What's important to remember is that your wrestler is here to use the skills learned in practice. Nothing can help the wrestler's moral more than knowing he's got fans in the crowd cheering him on and supporting his efforts.

The idea, and 99% of the above, was suggested by a wrestler's mother who wanted first year parents to have an idea of what to expect at a tournament or meet. Having an idea of what an all day adventure your first wrestling tournament will be, can help you prepare for it.

Remember to have fun and cheer your wrestler on. The rest will take care of itself and you'll forget how long a day you spent sitting in a hard uncomfortable gym watching the kids wrestle their little hearts out.